

MUMPS OUTBREAK — Information for Parents

Help us stop the spread of mumps!

Mumps is a contagious disease.

Mumps spreads through contact with saliva from an infected person. It can spread by:

- Sharing cups, spoons, forks, baby bottles, or other utensils.
- Touching things that have an infected person's saliva on them, such as toys.

Symptoms can include fever, headache, muscle aches, tiredness, loss of appetite, and swollen cheeks and jaws. Most people get well in about a week. For some, mumps can lead to complications. Complications are more common if you are not vaccinated.

You can protect yourself and your family by ensuring everyone has had measles, mumps, and rubella **vaccine (MMR)**.

To get the vaccine, contact your healthcare provider. If you don't have a healthcare provider, call your local health department or the Family Health Hotline at **1-800-322-2588**.

In addition to getting the vaccine:

- Stay away from people who have mumps.
- Wash your hands often with soap and water.
- If your child is sick, keep them at home.
- Do not share eating utensils.

MMR vaccination is required for school, preschool, and child care entry.

- 2 doses of MMR vaccine are required for students in grades K—12.
- 1 dose of MMR vaccine is required for child care or preschool by 16 months of age.

If there is a mumps case in your child's school, preschool, or child care and your child is not up to date with their MMR vaccine, they may be excluded from attending.

Check with your school or child care for more information.



www.doh.wa.gov/mumps